

Spring 2003

The School Food Services News is published three times per year (fall, winter and spring) and is available on the School Food Services Web page.

NEWS

School Food Services

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[www.dese.mo.gov/
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National School Lunch Week 2003 October 13 - 17, 2003

Now is the time to start planning for National School Lunch Week (NSLW). The theme for NSLW is "Wild About School Lunch." NSLW will be observed October 13-17, 2003. Go wild about school lunch and visit www.asfa.org for more information and resources.

Nutrient Analysis Update: State Agency Sets New Sodium Level

The State agency would like to announce the new levels of sodium for the state of Missouri as the following:

- Breakfast: 1,000 mg per day on the average of 3-7 days.
- Lunch: 1,350 mg per day on the average of 3-7 days.

For Nutrient Standard Menu Planning schools, the target amounts will need to be changed in each school's individual database. Please contact your regional supervisor with any questions you have.

AFSFA's Silver Rising Star Award Banquet



Congratulations to Leah Schmidt on being selected as the Silver Rising Star Award Winner at the 2003 American School Food Service Association Industry and Technology Conference in Savannah, Ga., in January.

Leah leads her food service department through experience. She has a degree in dietetics and worked as a school kitchen manager and a field supervisor before coming to Hickman Mills in 1998.

Leah motivates staff by example through cashiering, assisting with production and even driving the forklift. She also inspires staff with her commitment to health and fitness. Co-founder of the district's Health Club, Leah encourages others to adopt a healthy lifestyle.

Knowing that hungry children do not learn or perform to their full ability, Leah provides nutritious snacks during testing and offers breakfast and lunch at all summer school sites.

Leah counts on the student Nutrition Advisory Council for menu input. As a result, student participation has increased from 64 percent to 72 percent at lunch, and breakfast participation has doubled.

As the Silver Rising Star Award winner, Leah demonstrates outstanding leadership skills while motivating and educating a variety of audiences toward health and wellness.

Executive Summary



Promoting Healthy Weight in Missouri's Children: A Guide for Schools, Families and Communities contains information to help school and community partners develop local policies, programs and environmental

supports to promote healthy eating and physical activity. Schools and communities can promote healthy weight in children by:

- Developing policy and program guidelines for schools.
- Strengthening physical activity requirements, standards and programs in schools.
- Implementing nutrition policies and education programs.
- Fostering school and community partnerships that promote regular physical activity.
- Engaging students, school faculty, families and communities in promoting healthy eating and regular physical activity.
- Increasing awareness of the problem and of solutions.

The *Guide* was developed by the Missouri Coordinated School Health Coalition, which was formed in 1995 following the Governor's Summit on Comprehensive School Health. The members of the Coalition represent state and local agencies and organizations advocating for Coordinated School Health Programs. A coordinated approach to school health recognizes that healthy children make better students and better students make healthier communities.

The components of Coordinated School Health Programs include:

- A healthy school environment with a safe physical facility and a healthy and supportive environment for learning.
- Planned, sequential K-12 health education.

- Nutrition services offering nutritious school meals and supporting nutrition instruction in the classroom and cafeteria.
- Planned, sequential K-12 physical education.
- School health services including access and referral to community health services.
- Counseling, psychological and social services in the school and links to mental health services in the community.
- Staff wellness to promote students' health by serving as positive role models.
- Family and community involvement.

Children who are overweight because of unhealthy eating and physical inactivity are compromised in their ability to achieve their full academic potential. They are also at a higher risk for long-term health problems. Although excess weight in Missouri's children is a cause for concern, weight loss should not be the central focus for addressing this problem.

Action taken by schools, families and communities to promote healthy weight will contribute to children feeling better and improving their academic success. This action will also promote better lifelong habits of physical activity and healthy eating to lower their risk for major health problems.

Bringing school, family and community partners together combines resources and provides an



integrated and systematic approach to promoting good nutrition and physical activity, creating an environment for successful learning in the schools and healthy living in the community.

A complete copy of the guide can be downloaded from the School Food Service Web site: www.dese.mo.gov/divadm/food/.

All Missouri School Menus Must Be Analyzed Using the Weighted Nutrient Analysis Method Beginning with the 2003-2004 School Year!

Missouri obtained a waiver exempting schools from conducting a weighted nutrient analysis. This waiver expires on September 30, 2003. Under the waiver, Local Education Agencies (LEAs) or State agency reviewers had the option to analyze menus based on simple averaging **or** weighted analysis. A weighted analysis gives more weight to choices that students are more likely to make, based on production records. The end of this waiver period should not present a problem for Missouri LEAs, since nearly all of them are using weighted analysis already.

Family Size and Income Determinations for Certain Military Families

We are providing further clarification on the child nutrition policy for military households affected by deployments in support of Operation Enduring Freedom.

Two child nutrition policies addressing the free and reduced priced meal eligibility status of households having members who are military personnel and who have been deployed in support of Operation Enduring Freedom have been issued.

For the duration of Operation Enduring Freedom, an allowance is being made to the current policy on determining household income and size for deployed service members. Only that portion of the deployed service member's income made available by them or on their behalf to the household will be counted as income to the household. In addition, the deployed service member will continue to be considered a household member.

In a situation in which BOTH parents in the household are military personnel who are deployed, and the children are sent to live with a relative, friend, or day care provider, the children should still be considered a member of the original household. The original household would include the children and both deployed parents. The only part of the parent's military income to be counted is that which the parents are sending back from deployment to support the children.



Important Links

MSFSA Web Site

The School Food Services Web site is linked to the Missouri School Food Service Association's Web site. Check *Additional Sites of Interest* at the bottom of our home page. The MSFSA Web address is www.mfsfa.net. Check the Web site to find out more information about MSFSA.

National Food Service Management Institute

Every year the National Food Service Management Institute (NFSMI) presents satellite seminars in April and October and live interactive teleconferences in January and August. Check the link on our home page under *Additional Sites of Interest*. The NFSMI Web address is www.nfsmi.org. Click on Educational Opportunities for satellite seminar information.

Food Safety Inspection Service

The Web address in December's Commodity Shelf Newsletter article about subscribing to Food Safety Inspection Service (FSIS) food recall has been corrected. In order to receive e-mail notifications of food recalls, please go to: www.fsis.usda.gov/oa/news/subscribe.asp. After subscribing, check your e-mail daily and communicate the recall information to the food service director or manager.

Does Your Cafeteria Environment Keep Your Customers Coming Back?

The dining experience contributes to healthy eating, therefore it should be relaxed, comfortable and pleasant for all ages. Without a comfortable and safe feeling, students will not enjoy even the best food choices. There are many factors associated with creating a comfortable cafeteria environment for students. They include: noise, color, space, and time. These are not small matters. Community members at every food service location should take a hard look at what actually happens during the student's dining experience. In particular, the time factor and the use of space are crucial. If time and space are appropriate for the ages and number of students who are eating at a given location, other features can be managed more easily than if time and space are inadequate.

Space per student needs to be monitored. Even the most accommodating of cafeteria space is not favorable to pleasant eating atmospheres if too many students are scheduled at one time. Lunchroom capacity (that is the number of students the facility could serve at one time) has a direct affect on participation rates. Seating arrangements should be appropriate for the ages served. They must include proper height of tables and enough elbow room. A popular trend for middle and high schools is a seating arrangement that has the look of a food court with round tables.

Research has shown the more positive a student is about the time available, the more frequently that student will eat school lunch. Children and adolescents need time to eat their food as well as time to socialize with their classmates. Mealtime should be fun, and children should be allowed to associate their school meals with positive things. With shortened meal times, children may not eat enough food because they are rushed and do not have adequate time to finish the food they have chosen. Balancing the need for time to eat with the need to keep students on task is something that schools must address. School staff at each location should identify how much time is spent in lines and how much time is spent at the table eating. Observations of time spent eating need to be coupled with studies of plate waste and student satisfaction. The kind and amount of adult supervision and support affects whether children will have enough time to eat.

When recess was after the meal, children spent less time with their meals than if recess was before the meal. In approximately 20 minutes of mealtime, less than half the time was spent actually eating. The quality of mealtime is important to observe when assessing time needs. Time is a critical element of a relaxed cafeteria environment.



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National Food Service Management Institute Seminar

The National Food Service Management Institute (NFSMI) will offer a two-week seminar, *Orientation to Child Nutrition Management*, June 17-25, 2003, at the University of Mississippi. The seminar is designed for new and aspiring child nutrition program directors. Participants receive information essential to the operation of cost-effective, customer-oriented child nutrition programs that promote healthy eating behaviors.

If you are interested, please contact the NFSMI at 1-800-321-3054 and ask for Melba Hollingsworth, or visit: www.nfsmi.org.

Missouri School Food Service Association State Conference

The 2003 state conference will be held June 16-18, 2003, at the Lake of the Ozarks. For more information, please contact the Missouri School Food Service Association at the following address, phone number or e-mail:

Missouri School Food Service Association
409 Johnston Court
Raymore, MO 64083

Telephone: 816-331-9109 or 1-800-484-9202, Ext. 0509
E-mail: betty@msfsa.net.

Does Your Cafeteria Environment Keep Your Customers Coming Back?

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Basically, there are two concerns about noise levels in relation to the kitchen and dining areas. First there is noise that is produced in the kitchen that travels into the dining area. Second, there is noise that is produced in the kitchen and dining area that affects adjacent classrooms and other facilities. What can be done to minimize noise levels?

- Hard floors, walls and ceilings bounce or reflect sound. To lessen the impact of tile floors and walls, sound absorbent pin-up boards in dining areas, and even cloth-covered blinds or curtains over large areas of plate glass can be used.
- Use of chairs with noise resistant feet to lessen noise of moving furniture on a hard surface.
- Disposable trays and utensils will create less noise.
- Use of a low level of music as background to mask other noise.



Color affects students' behavior and eating habits in the dining area. Color and lighting should be considered together. To achieve the right color affect for your cafeteria, use the following guidelines.

- Light, cool colors expand space.
- Warm colors make the space seem smaller.
- Bold primary colors increase turnover.
- Pastel colors provide a calm atmosphere.
- Muted, subtle colors promote leisure and restfulness.

- Cool colors are good for warmer climates.
- Warm colors are good for cooler climates.

The eye is drawn to color, and you can make a colorful display to draw the eye away from less desirable aspects of the cafeteria. Provide display areas for menus, seasonal decorations, educational materials and areas for exhibiting student art or other projects. Cheer up dining tables with a colorful tablecloth or special table decorations. The art class could paint large colorful designs on the cafeteria walls to brighten up the cafeteria and to intrigue the customers. Make sure serving lines are displayed attractively. Do they catch the eye of your customer as well?

The cafeteria interior may be the single most-neglected area in most school food service operations. Since customer judgments of quality often are based on appearance, this neglect can only hurt your image with students. It would be natural for them to wonder, "What kind of food or service can I expect in a place that looks like this?"

Borrow ideas from local restaurants. You'll find inspiration about theme decoration, color and texture applications, seating arrangements, lighting and menu board options.

Providing adequate space and time to eat in a colorful setting with a controlled noise level will be an inviting environment for your students. The key is to make your cafeteria a fun place to visit.

Sources: *Ideas for Nutrition Partnership*, and *The NFSMI New Design Handbook*.



HAVE A
Great
Summer!